

January 4th, 1971.

TRY A NEW ACTIVITY IN THE NEW YEAR.

Co-Ed Clubs are on the upswing. No experience is necessary. Be physically active in a social atmosphere. Join the fun in 1971!

Co-Ed Archery

When: - Meets Sunday evenings in gymnasium 6 P.M. to 10 P.M.
- For further information call Gary Kelly at 695-5559
Instructor - Mr. John Bernardin

Co-Ed Aikido

When: - Meets Monday evenings in Football Room (Athletic Complex)
7 P.M. to 10 P.M.
- For more information contact Mrs. Maunder at 489-7284
Instructor - Mr. Massimo Nicolaci di Villadorata

Co-Ed Badminton

When: - Meets Thursday evenings 8 to 11 P.M. in gymnasium
- For further information contact Mrs. Maunder 489-7284

Co-Ed Fencing

When: - Meets Wednesday evenings in East Dining Room, Main
Administration Building from 7 P.M. to 10 P.M.
- For further information contact Al Cizauskas - 48202510
Instructor - Mr. Charles Otis

Co-Ed Judo

When: - Meets Tuesday and Thursday in Football Room 1 P.M. to 3 P.M.
- For further information contact Mrs. Maunder 489-7284
Instructor - Mr. Nakamura

Karate

When: - Men meet Tuesday 2 to 3 P.M. and Thursday 1 to 2 P.M. in
Gymnasium.
Women meet Thursday from 2 to 3 P.M. in Activities Room

Karate cont'd

- For further information contact Rick Dober 488-8783 for Men or Eileen Nixon 484-0649 for Women

Instructor - Mr. Ishino

Co-Ed Modern Dancing

- When:
- Beginners meet Tuesdays from 3 to 4:30 P.M. in Foyer of F.C. Smith Auditorium, commencing January 5th.
 - Advanced group meets Thursdays from 5 P.M. to 6:30 P.M. in Foyer of F.C. Smith Auditorium, commencing January 7th.
 - For further information contact Mrs. Maunder 489-7284

Instructress

- Mrs. Iro Tembeck

Co-Ed Sky Diving

- When:
- Meets at regular weekly sessions.
 - For information phone Andy Chmura 481-4810

Co-Ed Ski Club

- When:
- Regular ski trips are organized throughout the winter
 - For further information contact Desmond Clarke at 487-2979

PHYSICAL EDUCATION ACTIVITIES

These are open to men and women of all ages. Learn a new skill in the winter.

Boxing

- When:
- Instruction will be given in Activities Room commencing January 12th, Tuesday and Thursday at 7 P.M.
 - For further information contact Mr. McConachie at 489-7284

Instructor - To be announced

Body Building

For individual training programs see Mr. Nowalkoski in Training Room. The weight training room is open daily.

Figure Skating

- When:
- Instruction given weekly on Fridays 12 to 1 P.M.
 - For further information contact Mrs. Maunder 489-7284

Instructress -

Miss Debbie Morris

Table Tennis

- When: - Play from 9-10PM on two tables in lower part of complex
- Racquets and balls available with I.D. card

Weight Lifting

- The weight training room is open from 9 A.M. to 9 P.M.
- Instruction in the 3 olympic lifts by appointment from Mr. Nowalkoski.

Yoga

- If you are interested in taking yoga instruction, see Mrs. Maunder at the Athletic Complex.

FOR WOMEN ONLY!

Ladies Slim & Trim Classes

- When: - Tuesday and Friday 1 to 2 P.M.
- Commencing January 8th, classes will be given in the gymnasium and include all levels of physical ability.
- For further information contact Mrs. Maunder.

Instructress

- Mrs. Maunder

Karate Instruction

- When: - On Thursdays in Activities Room from 2 to 3 P.M.
- For further information contact Eileen Nixon 486-0649

Instructor- Mr. Ishino

Skating

- Women are encouraged to use the rink on Mondays from 12 to 1. No hockey sticks will be allowed at this time.

Synchronized Swimming Instruction

- When: - Thursdays from 5 to 6 P.M. at N.D.G. Y.M.C.A. pool.
- No experience is necessary
- For further information phone Raymonde Tailleferre at 279-2261

Use your gymnasium during free play period. Equipment is available on presentation of I.D. cards for Badminton, Basketball, gymnastics, indoor soccer, volleyball.

WOMEN'S INTRAMURALS

You may still join one of the six women's ice hockey teams or three basketball teams. Presently being organized are volleyball and floor hockey teams, badminton and ping pong tournaments. If any woman is interested in the above sports see Mrs. Maunder in the Athletic Complex, of phone Jeanne Leblance in W.A.C. 486-7665.

MEN'S INTRAMURALS

Broomball, basketball and ice hockey teams need your support. If you are interested, contact Bob Miele at 486-7665.

LANGLEY HALL

Women of Langley may make use of the gymnasium on Sundays from 2 to 3 P.M. and the ice hockey rink from 6 to 7 P.M. Contact your sports representative, Cathy Rooney by phoning 486-8248 and join a team.

HINGSTON HALL

Residence men have the gymnasium reserved from 3 to 5 P.M. on Sundays and ice time from 7:30 to 10:30 P.M. on Sundays. See your sports representative and join a team.

EVENING DIVISION

Jim Conway, your sports representative, may be contacted at the Evening Division Students Association Office at 7308 Sherbrooke Street West, 486-9890. The gymnasium is available Wednesday evenings at 8 P.M. for students of the evening division.

WE WISH YOU ALL A HAPPY AND HEALTHY NEW YEAR!

DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS.